

NOSE – Nose Bleed (Epistaxis)

NOSE-AP ANATOMY AND PHYSIOLOGY

OUTCOME: The patient/family will understand anatomy and physiology of the nasal passage and how it relates to nose bleeds.

STANDARDS:

1. Explain that the inside of the nose is covered with mucosa that has a rich blood supply. This warms and moistens the air we breathe as it travels through the nostrils to the lungs. A thin flexible wall called a septum separates the two nostrils.
2. Discuss how damaged or injured blood vessels inside the nose can cause nose bleeds.
3. Explain that nose bleeds can happen in the anterior (front) or posterior (back) part of the nose.

NOSE-C COMPLICATIONS

OUTCOME: The patient/family will understand the complications of nose bleeds.

STANDARDS:

1. Discuss the common or significant complications associated with nose bleeds (e.g., infection, blood loss).
2. Discuss how these complications may be prevented by proper treatment.
3. Discuss common or significant complications that may result from treatment.

NOSE-DP DISEASE PROCESS

OUTCOME: The patient/family will understand general information about nose bleeds.

STANDARDS:

1. Discuss how the following may cause or increase the risks of having a nose bleed:
 - a. Trauma (directly breaks blood vessels)
 - b. Extreme temperatures (hot, cold, dry)
 - c. Inflammation (widens blood vessels)
 - d. Medicines (dries/thins nasal mucosa, vasodilates blood vessels, thins blood)
 - e. Heavy alcohol, smoking or illegal drug use (thins nasal lining)

- f. Others (high blood pressure, bleeding problems, abnormal blood vessels in the nose, and tumors)
2. Discuss that symptoms of nose bleeds may include, dark or bright red blood from the nose, trouble breathing, smelling or talking (if blood clots block your nostrils). Posterior nose bleeds may present as coffee ground emesis or black & tarry stools.
3. Explain that nose bleeds are the result of blood vessels in the nose breaking.
4. Explain that nose bleeds are usually self limiting. Prompt treatment is needed for prolonged bleeding.

NOSE-FU FOLLOW-UP

OUTCOME: The patient/family will understand the importance of follow-up for the treatment of nose bleeds.

STANDARDS:

1. Discuss the importance of follow-up care.
2. Discuss the procedure and process for obtaining follow-up appointments and that follow-up appointments should be kept.
3. Emphasize that full participation of the treatment plan is the responsibility of the patient/family.
4. Discuss signs/symptoms that should prompt immediate follow-up.

NOSE-HM HOME MANAGEMENT

OUTCOME: The patient/family will understand the home management of nose bleeds.

STANDARDS:

1. Explain that nose bleeds are usually self-limiting and can often be treated at home using first aid techniques.
2. Explain and demonstrate first aid for nose bleeds.
 - a. Lean forward to keep blood from going down the back of the throat, and breathe through the mouth.
 - b. Pinch the lower soft part of the nose tightly.
 - c. While pinching the nose, apply ice to the bridge of the nose to slow down the bleeding.
 - d. After pinching the nose for 5 minutes, release to check for bleeding. If the bleeding continues, repeat pinching and icing for up to 20 minutes.
 - e. Seek medical help if:
 - i. Bleeding cannot be stopped or keeps reappearing.
 - ii. Bleeding is rapid or if blood loss is large.

- iii. Feeling weak or faint, presumably from blood loss.
- iv. Taking medications (such as warfarin) for blood thinning.
- v. Bleeding begins by going down the back of the throat rather than the front of the nose.

NOSE-HY HYGIENE

OUTCOME: The patient/family will understand hygiene as it relates to nose bleeds.

STANDARDS:

1. Discourage nose picking or inserting other objects into the nose.
2. Discuss the disposal of bloody tissues.

NOSE-L LITERATURE

OUTCOME: The patient/family will receive literature about nose bleeds.

STANDARDS:

1. Provide patient/family with literature on nose bleeds.
2. Discuss the content of the literature.

NOSE-M MEDICATIONS

OUTCOME: The patient/family will understand the purpose, proper use, and expected outcomes of prescribed drug therapy.

STANDARDS:

1. Describe the name, strength, purpose, dosing directions, and storage of the medication.
2. Discuss the risks, benefits, and common or important side effects of the medication and follow up as appropriate.
3. Discuss any significant drug/drug, drug/food, and alcohol interactions, as appropriate.
4. Discuss the importance of keeping a list of all current prescriptions and over-the-counter medicines, vitamins, herbs, traditional remedies, and supplements. Encourage the patient to bring this list and pill bottles to appointments for medication reconciliation.

NOSE-P PREVENTION

OUTCOME: The patient/family will understand ways of preventing nose bleeds.

STANDARDS:

1. Discuss how prevention strategies for nose bleeds are directly related to causative factors.
2. Review the following ways of preventing nose bleeds as applicable:
 - a. Protect the nose from injury by not picking the nose, wearing helmets while playing sports, avoiding fist fights.
 - b. Keep the nasal passage moist with the use of saline nose drops/spray or other lubricants. Use of a humidifier in the home may also reduce nasal dryness.
 - c. For environmental allergies, take allergy medicine as prescribed. These medicines will help prevent inflammation in the nasal cavity.
 - d. Review medication list for medications that cause anti-cholinergic (drying) side effects. Dose reductions or medication changes may be warranted.
 - e. Quitting or reducing alcohol, smoking, or illegal drug use.
 - f. Management of other conditions that may increase the chance of nose bleeds (hypertension, bleeding problems).

NOSE-PRO PROCEDURES

OUTCOME: The patient/family will understand the proposed procedure for nose bleeds.

STANDARDS:

1. Explain that the treatment for nose bleeds aims to control bleeding and treat the underlying cause.
2. Explain and demonstrate first aid for nose bleeds. Refer to NOSE-TX.
3. Discuss that different treatments are available for nose bleeds depending on the severity. These treatment options may include: medicines, nasal packing, laser therapy, or surgery.
4. Discuss the risks and benefits of procedures for severe nose bleeds.

NOSE-S SAFETY

OUTCOME: The patient/family will understand safety concerns related to nose bleeds.

STANDARDS:

1. Explain that blood can carry disease and should be handled with Standard Precautions.
2. Discuss the use of protective head gear in reducing injuries that cause nose bleeds.

NOSE-TE TESTS

OUTCOME: The patient/family will understand the test(s) to be performed, the potential risks, expected benefits, and the risks of non-testing.

STANDARDS:

1. Explain test(s) that have been ordered (explain as appropriate):
 - a. method of testing
 - b. necessity, benefits, and risks of test(s) to be performed
 - c. any potential risk of refusal of recommended test(s)
 - d. any advance preparation and instructions required for the test(s)
 - e. how the results will be used for future medical decision-making
 - f. how to obtain the results of the test
2. Explain test results:
 - a. meaning of the test results , as appropriate, such as the BMI, waist circumference, and other screening tests
 - b. follow-up tests may be ordered based on the results
 - c. how results will impact or effect the treatment plan
 - d. recommendations based on the test results

NOSE-TX TREATMENT

OUTCOME: The patient/family will understand treatment plan for nose bleeds.

STANDARDS:

1. Explain that the goal of treatment for nose bleeds is to control bleeding and treat the underlying cause.
2. Explain and demonstrate first aid for nose bleeds.
 - a. Lean forward to keep blood from going down the back of the throat, and breathe through the mouth.
 - b. Pinch the lower soft part of the nose tightly.
 - c. While pinching the nose, apply ice to the bridge of the nose to slow down the bleeding.
 - d. After pinching the nose for 5 minutes, release to check for bleeding. If the bleeding continues, repeat pinching and icing for up to 20 minutes.
3. Explain that nose bleeds are usually self limiting, but prompt treatment is needed to prevent prolonged bleeding.

4. Discuss that different treatments are available for nose bleeds depending on the severity. These treatment options may include: vasoconstricting medicines, nasal packing, laser therapy, or surgery.
5. Review ways of preventing recurrence:
 - a. Do not pick or blow nose (sniffing is all right).
 - b. Do not strain or bend down to lift anything heavy.
 - c. Keep head higher than the level of the heart.